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Boroughs' health a tale of two cities

Manhattan, Queens make Top 20 list of healthiest counties in state ◆ But the Bronx, Brooklyn are in the bottom 10 ◆ High rates of STDs, poverty, obesity (page 02)



The Knicks went on a 10-0 run to close out regulation and force overtime, including the tying 3-pointer from Carmelo Anthony. He wasn't done yet though. Anthony hit another shot from behind the arc with 8.2 seconds left in the extra period to give the Knicks a crucial 100-99 home win. The victory pushed New York to the seventh playoff spot in the Eastern Conference after the Philadelphia 76ers lost to the Boston Celtics. {page 20}

News

Four cops shot after hostage raid in B'klyn

○ Cops surround man holding his pregnant girlfriend, baby hostage ○ Alleged shooter, an ex-con, arrested {page 04}

Just say 'ohm' instead of 'OMG'

How you can find a meditative peace to keep your cool on the job {page 17}







D2 Metr
metr
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monday, April 9, 2012



In the news Cops find fare-beater carried gun

Cops stopped a man for illegally walking through the subway's exit gate instead of paying and found he had a loaded gun. Police said that Travis Marks, 26, a Richmond, Va., resident, tried to discard a plastic bag with a white substance inside. After he was placed under arrest, cops found he had a loaded semi-automatic handgun tucked in his waistband. METRO/AB

In the news



Impersonator Police are looking for a man they said pretended to be a cop to gain trust and carry out a rental scam. According to police, Anthony Gonzalez, 48, told two people they could rent two rooms in an apartment in the Bronx for \$200 a week. He showed them a badge, gave them keys and took \$2,300 for security. They were unable to

contact him when the

keys didn't work, said

police. 🖔 METRO/AB



The finest in the Easter Day Parade

The pastels, costumes and, of course, bonnets were out in full force yesterday for the annual New York City Easter Day Parade. The parade runs up Fifth Avenue between 47th and 57th streets and goes past St. Patrick's Cathedral, which had a full house for Easter Mass yesterday morning. The parade dates back to the 1870s, when it started as a chance for wealthy New Yorkers to show off their fanciest attire after attending one of the churches along Fifth Avenue. Yesterday, thousands of people attended the celebration, complete with puppet-makers entertaining children in the streets.

METRO/CB

Enough being done to slow speeders?

NEW YORK. Transportation Alternatives asks New Yorkers: Do you think the police are doing enough to curb speeding in your neighborhood? Text SPEED to 30644 to answer, with "A" for yes and "B" for no. The advocacy group says that speeding is the leading factor in fatal crashes in the five boroughs.

Barge collapses, crane overboard

NEW YORK. A barge capsized Friday near Liberty Island, sending a crane it was carrying as well as two people into New York Harbor. The people were rescued. The work barge "Catherine G" was being used for work on the Statue of Liberty's pedestal and base when it capsized.

METRO/AB

Report: NYC health varies widely across boroughs

• Queens best, followed by Manhattan in statewide health survey • But Brooklyn, Bronx in the bottom 10 least-healthy counties in entire state

How healthy New Yorkers are can vary widely, depending on where in the sprawling metropolis they live.

Health data released last week from the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation revealed a large disparity among the health of the different boroughs.

For example, Manhattan is ranked as 19 out of New York's 62 counties for overall health outcomes — but the Bronx comes in dead last at 62. And Brooklyn also ranked in the bottom 10 least-healthy counties in the state, at 54 out of 62 counties. In Brooklyn, 21 percent of adults reported poor physical health, compared to 16 percent statewide.

Out of the five New York boroughs, Queens ranked the highest — 16 of 62 — and Staten Island ranked 22.

In the Bronx, 25 percent of people had poor or fair health, compared to 17 percent in Manhattan.

Kate Konkle at the University of Wisconsin said many different factors affect health, from individual decisions to smoke to not having access to high-quality health care and healthy food.

"Where we live matters to our health — and when you look at these health factors, the Bronx is not doing as well as New York County in many of those areas."

KATE KONKLE, UNIVERSITY OF WISCONSIN

"Where we live matters to our health — and when you look at these health factors, the Bronx is not doing as well as New York County in many of those areas," Konkle said.

Some of this, she explained, can be attributed to socioeconomic factors: Unemployment in the Bronx is 12.8 percent, versus 8.6 percent in New York

state. And 42 percent of children under the age of 18 there live in poverty, compared to 22 percent across the state.

Konkle added, "There is also a high percentage of fast-food restaurants, higher rates of obesity and less physical activity."



High number of STDs in the Bx

Also contributing to its poor health ranking, the Bronx has more than twice as many sexually transmitted infections than the average New York county — 1,234 chlamydia cases per 100,000 people versus 472 cases for the statewide average. The national benchmark is 84 chlamydia

cases per 100,000 people, according to the report.

Dirk McCall, at Manhattan's Gay Men's Health Crisis, said poverty often goes hand in hand with increased drug and alcohol use, which can lead to risky behavior and sexual infections. "When you're stressed out and you're having a rougher time, increased rates of poverty oftentimes correlate." METRO/AB

Just how healthy

is this city?

How New York fares out of 62 counties across the state:

- Queens: 16th healthiest
- Manhattan: 19th
- Staten Island: 22nd
- Brooklyn: 54th
 Bronx: 62nd healthiest

malaise

Manhattan

Not everything is better in Manhattan: More than 20 percent of adults on the island reported excessively drinking higher than the New York state average of 17 percent — and nearly three times as much as the national benchmark of 8 percent, the report found. And Manhattanites are exposed to twice as many heavy air pollution days — eight, compared to four in the rest of the state. The national standard is zero days. METRO/AB



Weeknight Service Changes



April 9 through 13 10PM to 5AM

No trains in both directions between 34 St-Penn Station and:

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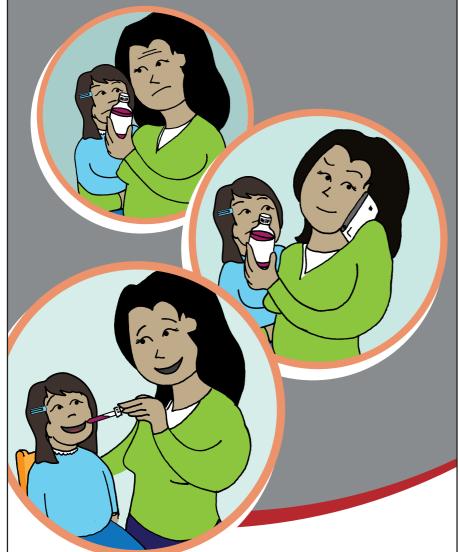
It's an entirely new approach to how we perform maintenance and upgrades that are critical to providing reliable service. Partial closure of a subway line on four consecutive weeknights allows us to more safely inspect, maintain, and upgrade our stations, tracks and signals in less time, at less cost.

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Four cops shot during Brooklyn hostage call

Four police officers were shot in a fierce gun battle late Saturday night in Sheepshead Bay, but miraculously, none of them were critically injured.

The incident started at about 10:30 p.m., when police received a 911 call of a man with a gun at 3301 Nostrand Ave.

According to police, Nakwon Foxworth, 33, who was with his pregnant girl-friend and their 4-month-old son at the time, had gotten into an argument with movers at the service entrance of the building and threatened one of them with a gun.

The mover called 911, warning police, "He's got a gun ... he's got a gun!" Brandishing the deadly weapon, Foxworth allegedly forced the movers back to their truck, and ran to his apartment on the sixth floor with the woman and child.

When police officers got to the building, they knocked on Foxworth's apartment, but got no answer. They looked in the peephole and saw Foxworth holding the woman and child at gunpoint.

As an ESU and the hostage negotiation team set up outside the apartment, the woman suddenly opened the door and fled with the baby in her arms, according to Police Commissioner Ray Kelly.

She told the officers that Foxworth had been holding her







hostage.

As the six-man emergency service team entered the apartment, they were immediately fired upon by Foxworth, said Kelly. He emerged from a bedroom, firing a 9 mm Browning semiautomatic handgun.

In the wild bullet spray, Foxworth hit Detective Michael Keenan, 52, in his left calf, Detective Kenneth Ayala, 49, in the thigh and foot and Police Officer Matthew Granahan, 35, in his left calf. Capt. Al Pizzano, 45, also sustained a graze wound to his face.

The gunfight occurred in



close quarters, said Kelly, with the shooter and the officers no more than 10 feet apart.

Although hit, Ayala and Granahan returned fire, striking Foxworth in the stomach.

"It was a good thing Foxworth was stopped," said Kelly.

All four police officers were treated at Lutheran Medical Center yesterday, where they were in stable condition.

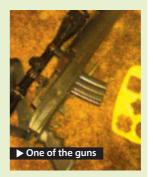
Foxworth was in critical, but stable condition at Kings County Hospital yesterday.



Cache of weapons found

BROOKLYN. Once the gunfire died down, police searched Foxworth's apartment and inside, found a cache of illegal weapons. The 9 mm handgun that Foxworth used to allegedly shoot the officers was part of a multiple-gun purchase in Wilmington, N.C., said police. He also had a sawed-off military style assault rifle equipped with a scope that had been stolen from Florida and a defaced, .22-caliber revolver, cops said.

Foxworth had a total of



50 rounds for his mini-14 assault weapon, said police, the same ammunition used by the U.S. military for M-4 and M-16 rifles.

Foxworth himself was released from prison in 2010, having served 10 years for attempted murder. • METRO/CB

Eighth cop shot in five months

BROOKLYN. Saturday's shooting marks the eighth time a member of the NYPD has been shot in the last five months, beginning with the fatal shooting of Police Officer Peter Figoski in December in East New York.

"We got very lucky, with no life-threatening injuries to officers or innocent bystanders," said Mayor Michael Bloomberg of Saturday's shooting. "But sometimes, as you remember, we aren't so lucky, as we saw with the murder of Officer Figoski."

Also on Saturday, police officers in Red Hook were fired upon by a man they tried to stop and question for carrying an open container. He was later arrested.

METRO/CB

Police search for Queens groper

◆ Say the same person has been touching women on streets in Jackson Heights ◆ Described as young man with shoulder-length hair ◆ Four attacks since March

Police are looking for a man wanted for groping four women in Queens over the past month and a half.

Cops say they are looking for a Hispanic man, about 17 to 25 years old, who has been groping women in a string of March and April crimes. All the gropings occurred in the Jackson Heights neighborhood.

The first incident recorded by cops happened on March 22 at around 8:30 p.m. The suspect approached a 22-year-old woman on the street and touched her inappropriately, cops said. He then ran off into the night.

Four days later, on March 26 at 6 a.m., the suspect again approached a woman, this time



Police released this sketch of the groper.

aged 47. He again grabbed her and fled the scene.

Following that pattern, the perp groped a 19-year-old woman on April 1 at 4:20 a.m., and the next day, at about 5 p.m., he groped a 41-year-old woman, police said.

All the cases resulted in no reported injuries, cops said.

The suspect is described as a Hispanic man, about 17 to 25 years old, who stands about 5'5" to 5'8" tall, cops said. According to a rendering the police released, he has dark, shoulder-length hair.

Anyone with information should call 800-577-TIPS.





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Dems, GOP agree: We're all Reagan?

For complaints, suggestions and digital attaboys, e-mail us at brayden.simms@metro.us.

The New York Times, in its article "Welfare Limits Left Poor Adrift as Recession Hit" Saturday, brought attention to an easily ignored reality: The ideological space between Democrats and Republicans can be thin enough to squeeze a welfare check through while maintaining contact at both ends.

It was, after all, revered President Bill Clinton who passed bipartisan legislation to reform the welfare system in 1996, moving away from the New Deal-era Aid to Families with Dependent Children program in favor of the unfortunately literal Temporary Assistance for Needy Families program.



Republican titans support the measure. Budget maestro Paul Ryan calls TANF "an unprecedented success." Presidential front-runner Mitt Romney has proposed extending cuts to "all these federal programs." Rick Santorum even borrowed a line from the Obama playbook, arguing that the federal tough love "gave them [the poor] something that dependency doesn't give: hope." How's that working out, exactly?

Not well, it turns out, though don't go asking Obama. The president, who seems to have banked his re-election campaign strategy on high-lighting the differences between the two parties, has a mixed record on the welfare issue. Candidate Obama, on the campaign trail in 2008, touted

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his role in passing the reform though he did say he was "concerned" that it might have "disastrous results." (Really covering all our bases, aren't we. Obama?) "It worked better than, I think, a lot of people anticipated," he said.

We think not, Mr. President. But perhaps you should take it to the "roughly four million women and children" living "jobless and without cash aid" quoted by the Times.

"Today, we are ending welfare as we know it," Clinton proclaimed in 1996. "But I hope this day will be remembered not for what it ended, but for what it began." Indeed, today we dwell on what our vaunted bipartisanship has wrought.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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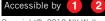






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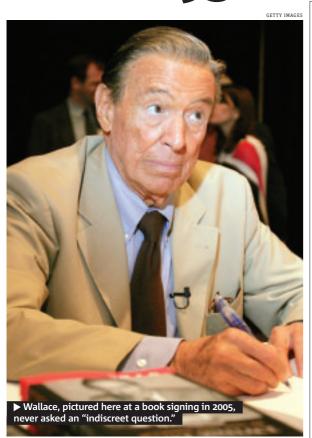
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news **NYC's #1 FREE DAILY** MONDAY, APRIL 9, 2012 07

Veteran CBS journalist Mike Wallace dead at 93



Mike Wallace, the grand inquisitor of CBS's "60 Minutes" news show who once declared there was "no such thing as an indiscreet question," has died at the age of 93, the network said yesterday.

Wallace died on Saturday evening with his family by his side at Waveny Care Center in New Canaan, Conn., where he spent the past few years, CBS said in a statement and on its Sunday morning news broadcast.

"His extraordinary contribution as a broadcaster is immeasurable, and he has been a force within the television industry throughout its existence. His loss will be felt by all of us at CBS," Leslie Moonves, president and CEO of CBS Corporation, said in the statement.

Wallace left his full-time role at "60 Minutes" in 2006 after 38 years and was given the title correspondent emeritus and a part-time contributor role. His last interview was with Roger Clemens, the star baseball pitcher accused of steroid use, in 2008.

Just about anyone who made news during the past six decades — in the United States, but often abroad too - had to submit to a grilling by Wallace.

In almost 40 years on "60 Minutes," the groundbreaking investigative journalism program, he worked on some 800 reports and developed a relentless on-air style that was often more interrogation than interview.

Wallace interviewed every U.S. president since John F. Kennedy, with the exception of George W. Bush, and dozens of other world leaders like Yasser Arafat, Ayatollah Khomeini and Deng Xiaoping. **REUTERS**

News in brief

Tim Tebow leads 20,000 at service

TEXAS. The newest New York Jets quarterback, Tim Tebow, talked faith and football in front of about

20,000 yesterday at a Central Texas megachurch.

"Win or lose, it is most important that I honor my Lord and savior Jesus Christ," Tebow said as he talked with Joe Champion, pastor of the Celebration Church in Georgetown, about 15 miles north of Austin. An adoring crowd of 15,000 to 20,000 came to the outdoor service. REUTERS

Shale oil may help save East Coast refineries

NEW YORK. A new kind of oil from Texas and North Dakota may rescue some East Coast refiners from the brink of oblivion, providing a local alternative to the costly imported crude that had threatened to put them out of business.

While it appears too late to spare Marcus Hook, which has been shuttered since December, evidence of new buying interest has emerged this week for two other major plants - potentially saving the Northeast region from a summer fuel squeeze that had unnerved politicians all the way to the White House, **REUTERS**



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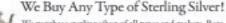


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news MONDAY, APRIL 9, 2012

Public employees face layoffs despite recovery

Since 2009, the city of Chesapeake, Va., has cut its work force twice. This summer, nearly three years after the recession ended, the city of 222,209 has plans for a third round of layoffs.

'We're not seeing the recovery we want to see," said Budget Director Steven Jenkins, who is hoping many of the 20 people will move into other jobs.

The city's revenues are still feeling the concussions from the housing market downturn, which started in 2006, even as overall growth in the United States has improved.

While Friday's report of weak growth in U.S. March payrolls raised concerns about the pace of private-sector hiring, local government jobs remain a drag on the recovery, one that

Quoted

"We are heavily reliant on the residential real estate market."

STEVEN JENKINS, CITY OF CHESAPEAKE BUDGET DIRECTOR

"The reassessment we just had was as big as any we've seen since the recession started."

STEVEN IENKINS, CITY OF CHESAPEAKE BUDGET DIRECTOR is not anticipated to end soon.

State and local governments for a time were able to shield public safety and education work forces from harmful cuts as the recession deepened. The 2009 federal stimulus fund helped offset lost tax revenue, but that money is gone.

Now, many cities and counties nationwide are facing the same dilemma as Chesapeake. Squeezed by depressed property tax revenues and cuts in state aid, they are chipping away at their work forces.

The result? The last three years of job losses at the state and local government level have been the most dramatic Labor Department records began in 1955, a Reuters analysis found. REUTERS

Jobs recovery suffers setback in March

Employers hired far fewer workers in March than in previous months, keeping the door open for the Federal Reserve to provide more monetary support for a sluggish economy.

The report was seized upon by Republicans hoping to make the weak economy the centerpiece of their campaign for November's presidential and congressional elections.

Even as the unemployment rate fell to a threeyear low of 8.2 percent, job growth slowed to 120,000 last month, the Labor Department said on Friday, the smallest increase since October. REUTERS





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Trash worth up to \$40 billion

Waste Management Inc. estimates the \$12.3 billion it gets for carting off rubbish to landfills may be worth more than \$40 billion a year in energy. That's the value of fuel and chemicals the Houston-based company estimates could be extracted from the 112 million tons of trash it collected last year if the entire waste stream was diverted from landfills, said Carl Rush, senior vice president of Organic Growth unit. BLOOMBERG

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- Do you feel embarrassed if you have to give a speech or perform at a public function?
- ☐ Do you avoid meeting new people, going to parties, or dating?
- ☐ Is it difficult for you to eat, drink, or write while others may be watching you?

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THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip **& @dorothyatmetro a dorothy.robinson@metro.us**

Amanda Bynes arrested for DUI

Nickelodeon star **Amanda Bynes,** 26, showed she isn't that innocent by pulling a very Lohan-esque move over the weekend: She drunkenly careened into a police car in the weehours of Friday morning.

According to People magazine, the "Hairspray" actress was arrested for driving under the influence in Los Angeles after colliding with a police car at around 3 a.m. on Friday, after partying at L.A.'s Greystone Manor Club. "A Los Angeles County Sheriff's Deputy in a marked black and white radio car was stopped at the intersection of ... Robertson Boulevard and Santa Monica Boulevard preparing to turn right onto Santa Monica Boulevard when a black BMW driven by actress Amanda Bynes attempted to pass the right of the radio car, colliding with the right rear quarter panel of the radio car," the West Hollywood Sheriff's office said in a statement. "There was minor paint transfer damage to both vehicles. Amanda Bynes was subsequently arrested for driving under the influence and

► Amanda Bynes was snapped in this booking photo on Friday after being arrested for a DUI for running into a cop car.

booked at West Hollywood Sheriff's Station." The actress sported pink-highlighted hair in her mug shot, and after posting \$5,000 for bail, she was spotted the next day in the same leg-baring outfit to retrieve her BMW from an im-

pound lot, according to TMZ.
Look on the bright side,
Bynes: The "I'm not drunk. I'm
just kinda over it and bored"
face you're trying to work in
your booking photo is some of
the best acting work you've
done in years.

Jason Trawick to share legal control over Britney Spears

Poor Britney Spears. Sure, she's a famous millionaire, has two cute kids (we can overlook for a moment with whom she had them), and a killer body. But she's still apparently incapable of looking after her own affairs. It was announced over the weekend that her fiance, Jason Trawick, has reportedly



well-being, while the singer's father would still be in charge of her multimillion-dollar fortune. Per People, a conservator like Trawick has the legal authority to make decisions over a person's food, clothing and medical care. Since 2008, Spears' father has held legal control over her, her career and her fortune after the singer suffered a psychological breakdown.

Sad. Usually you hope a marriage will be an equal partnership in all affairs, but it seems like Spears, 30,

> is still so medicated/ sick that she's incapable of self-sufficiency. This is what we do to our famous young women, America.

Amanda Bynes, take note.



The feed

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Kelly Osbourne is checking in with Ozzy, Rihanna has a new take on old advice and Steve Martin is trying to get a fresh start.

MissKellyO

I love it when my Dad calls me up just for a chat!

Arihanna

If u love something let it go...if it doesn't come back, hunt it down and kill it

ASteveMartinToGo

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my**entertainment**

The Horrors of being mislabeled

◆ UK band are a stadium draw at home, but remain a cult hit here ◆ Bassist talks about playing 'garish music' and keeping their underground approach

When referring to The Horrors, don't use words like "post-punk" or "revival." Rhys Webb, bassist for the U.K. band, emphasizes that they're trying to make music with the original spirit of punk. But even that term might hold limitations.

"As far as we're concerned, we just want to make music for the future," says Webb. "We want to make music that people haven't heard before."

Their third album, "Skying," which hit No. 5 on the U.K. charts last year, embodies the punk aesthetic and musically runs the gamut from psychedelia to no-wave.

If you go

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www.musichallof
williamsburg.com

"We've just wanted to make it trashy. We wanted to play garish music like [the original] punks saw," says Webb.

Starting in the midst of a scene typified by Joy Divisionand Gang Of Four-inspired postpunk, The Horrors strove to make their own footprint.

"Our own connection is that we had nothing to do with it," says Webb of the London scene, "but we were part of it because we didn't like what we were hearing. The whole thing has been a constant organic progression."

Since their beginnings in the underground, The Horrors



Buy 'this bloody record'!

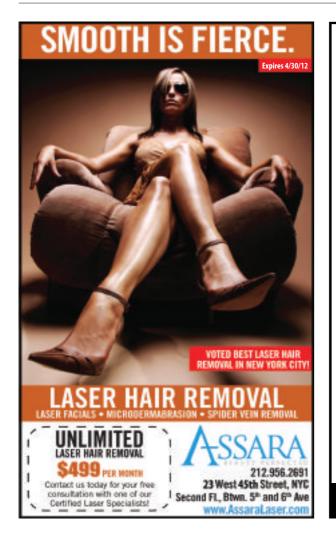
While the band has grown in popularity regardless of their attitude, they haven't changed their priorities.

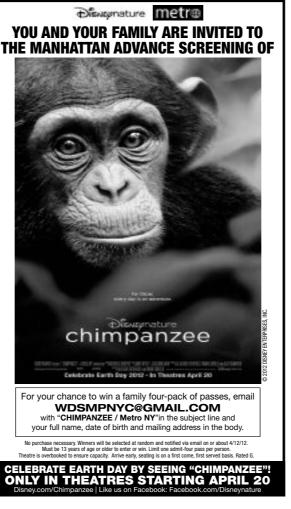
"We're not a band thinking that we're big; it's never really something that we enter in our mind," says Webb. Their approach keeps them humble: While opening for Florence and the Machine and playing stadiums in the U.K., they still play modest rock clubs in the U.S.

"The great thing about this band is that the people that come out and see us really love us," he muses, before declaring, "I think that more people in America should pick up on this bloody record." have become a household name in their homeland, developing their sound and playing elite festivals in the U.K.

"But, we don't make pop music for other people to enjoy it," insists Webb. "Our approach is not different than other bands playing to 50 fans once a month: Basically we try and do the things that make us an underground band."









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'Hunger Games' fever leads box office



blockbuster Hunger Games" topped U.S. and Canadian box office charts for a third straight weekend, holding off fresh competition from a 3-D remake of "Titanic" and comedy sequel "American Reunion.'

"Hunger Games" pulled in an estimated \$33.5 million from Friday through Sunday, distributor Lionsgate Entertainment Corp said.

Studio estimates showed "American Reunion" rung up \$21.5 million and finished second. "Titanic" sailed into third place with \$17.4 million.

"American Reunion" was released by Comcast Corp.'s Universal Pictures. Paramount Corp., a division of Viacom Inc., distributed "Titanic" in 3-D.



'Save the Titanic with Bob Ballard'

SPECIAL. Bob Ballard, the man who discovered the final resting place of the Titanic at the bottom of the Atlantic Ocean in 1985, talks about the deterioration of the wreckage from both natural and human forces and why it is so important to preserve the ship as a monument. The 100th anniversary of the Titanic's sinking is Sunday. 10 p.m., National Geographic Channel

'Anthony Bourdain: No Reservations'

REALITY. The exotic culinary adventures of maverick chef Anthony Bourdain pick up again in Mozambique, where he scarfs down specialties like matapa — and possibly some Imodium. Season premiere, 9 p.m., Travel Channel

'NewNowNext Awards'

SPECIAL. Kelly Osbourne hosts this forward-thinking awards show that honors the next big thing in categories such as Next Mega Star and Next Must-See Movie. 10 p.m., Logo

'Smash'

DRAMA. Uma Thurman begins a five-episode stint as a movie star who may be able to save "Marilyn: The Musical." 10 p.m., NBC

'Hotel Impossible'

REALITY. This "Kitchen Nightmares"-like rehab show overhauls hotels instead of restaurants. Stepping in as the Gordon Ramsay authoritarian guru is hospitality industry vet Anthony Melchiorri. Series premiere, 10 p.m., Travel Channel AMBER RAY



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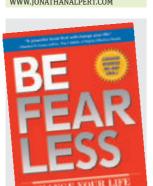
Are you normal? Jonathan Alpert is back with more answers to your questions

ere are some more of your "is it normal?" questions. Keep them coming in!

Is it normal for my 41-year-old friend to go to his mother's house to take naps with her? He's independent in all other ways: He has a career and takes care of himself. This freaks me out!

You should be freaked out. Unless his mother is actually not his mother but a long lost girlfriend, then no, this absolutely is not normal! That usually ends around age 12, or just before puberty. This is disturbing on two fronts: his desire to want to nap with his mother and her actually participating in it. I'd venture to say there's a lot more going on here than can be addressed in this column. Talk to him. Find out why





ADVANCED

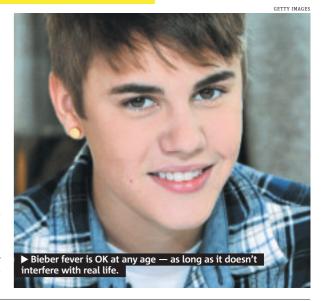
he does it. If it turns out he is OK with it despite your concerns, then seriously consider that you might not have as much in common as you once thought.

Is it normal for my female friends to get mad at me because I can eat anything and not put on weight?

This sounds like jealousy to me, which is quite normal in friendships. Your friends, though, shouldn't let a fast metabolism get between them and a healthy friendship.

Is it normal for a grown woman to be obsessed with Justin Bieber?

Being obsessed with celebrity knows no bounds, age notwithstanding. Like any obsession, if it is impacting her life in a way that it interferes with things such as her relationships, career and health, then she should get help. — Jonathan Alpert is a licensed psychotherapist. His new book, "BE FEARLESS: Change Your Life in 28 Days," is out April 24. It will be sold at all major booksellers and Amazon.
Check in with him online at www.jonathanalpert.com/ jonathanalpert) and on Twitter (Ajonathanalpert.







Working in the wine world

You don't have to inherit a French vineyard to have a career in the wine industry • HR manager-turned-wine business professor Liz Thach on getting started

Twelve years ago, Liz Thach left her career in corporate human resources, moved to Sonoma Mountain, Calif., and started a new career in the wine industry. Currently, she is the professor of management and wine business at Sonoma State University. Her book, "How to Launch Your Wine Career," explores the many pleasures, rewards and pitfalls of life among the vineyards.

What's the best way to get started in the industry?

There are many jobs in the industry that are not at a winery: wine shops, restaurants, distribution, suppliers, et cetera. It tends to be a small family-oriented business, so developing relationships goes a long way. Developing a background in wine helps you speak the language. Continuing education is a wonderful start [see sidebar]. If you want to be a winemaker, you're going to have to get a degree in it or work your way up as an apprentice. Working in a tasting room is one of the best places to start.

Why does the wine industry require a special knowledge base, apart from a standard business education?

There are more than 60,000 different wine labels out there. There's no other industry that can be so confusing, from a marketing and sales standpoint. Music is the only industry with more labels than wine. Plus, it's a regulated industry. Each state has different rules about how it can be sold.

How is the culture of the industry different from the typical business environment?

So many people want to work in the industry because of the romance associated with wine and the beauty. It doesn't pay as much as high-tech or biotech. But most vineyards are in the most beautiful places in the world. Lovely buildings, nice architecture. It's a nice lifestyle. So there's a trade-off there.



This waiting for you after work is nice. But when it is work?

Plenty of opportunities in **New York**

According to Wine Business Monthly, there are more than 7,000 wineries nationwide. While roughly 90 percent of them are in California, there are wineries in every state in the country including Hawaii and Alaska. New York is the East Coast hotbed for the industry.

Know your grapes

Cornell University, Fresno State University and University of California, Davis have revered programs in winemaking at the bachelor's and master's degree levels.

The Society of Wine Educators (www.societyofwine educators.org) is a nonprofit that specializes in certifying wine specialists at multiple levels of expertise.





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Balance

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s your stress ball worn through? If tension at work is leading to tension in your muscles, it can affect your mood and performance. For quick relief and a little desk-side zen, take some cues from yoga.

Breathe: Angie Norris, cofounder of Philadelphia yoga hot spot Studio 34, reminds us to breathe — and breathe slowly. "Slowing and deepening the breath stimulates the parasympathetic nervous system, slows the heart rate, lowers blood pressure and increases the flow of oxygen," she explains. "This translates into reduced stressed, increased relaxation and increased energy."

Stretch: To ease tension, stress

To restore balance, Radding suggests this move: "Stand on one foot whenever possible — during phone calls, in front of the copier. Simply tuck one foot around the opposite

and negative midafternoon thoughts, stretch it out. Nancy Byrd Radding, fitness director of The Oaks at Ojai spa in California, recommends this sequence: "Stand up. Breathe. Lift your arms up in Tall Mountain pose. Do a side stretch next — one hand on the hip, the other arm over the head — creating a crescent shape with the body.

Stretch the eyes by looking slowly side to side, up and down, diagonally, and roll the eyes in circles. Stretch the neck by releasing each ear to its shoulder, then turn the neck side to side, up and down."

Twist: Taylor Wells, president of Prana Power Yoga, praises the benefits of a simple, yet effective, spinal twist. You don't even need to get out of your seat for this one. "From seated, bring both feet flat on the floor," she instructs. "Place your hands on your arm rests and gently twist your torso to the right. Hold for five breaths and then take it back to center and to the other side."





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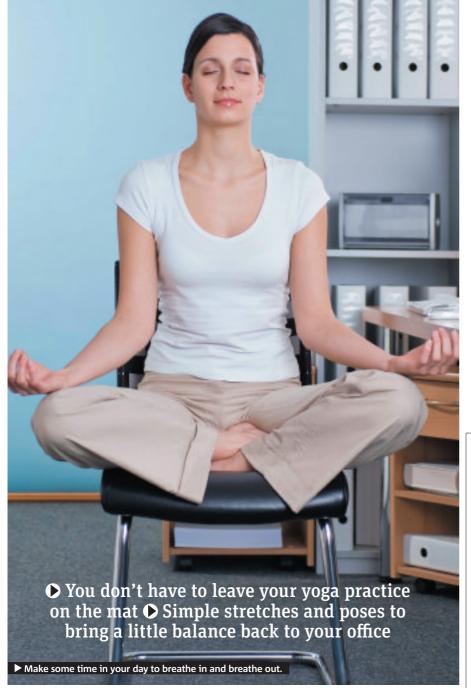
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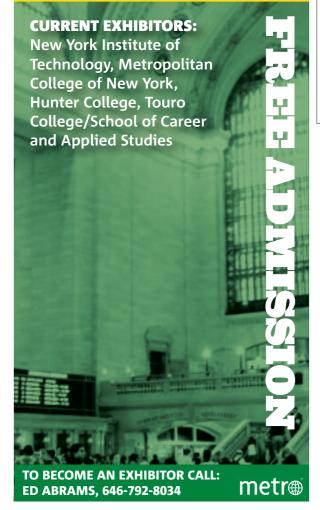
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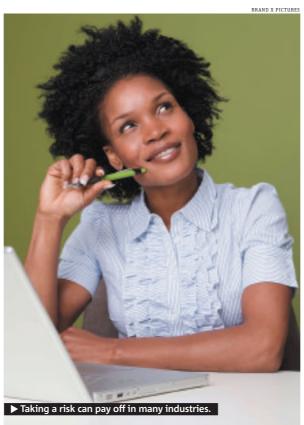
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Career micro-planning might be holding you back ◆ Why you should 'Take Action, Embrace Uncertainty'

harles F. Kiefer co-founded Innovation Solutions in 1976, a management consulting company that became a forerunner of organizational learning philosophies in business.

Now Kiefer — along with cowriters Leonard A. Schlesinger and Paul Brown — has developed a new strategy. But this one isn't for the C-suite. Their new book, "Just Start: Take Action, Embrace Uncertainty, Create the Future," is a message for anyone attempting a career in a field they're passionate about.

The inspiration came in 2010, when Kiefer read Sara D. Sarasvathy's "Effectuation: Elements of Entrepreneurial Expertise."

"I was 50 pages in, and it was really the most dense, unreadable book I think I've read in my professional career—and this is coming from someone with a degree in theoretical physics from MIT!" explains Kiefer. "But at some point the bell went off in my head and I said, 'This is really the best, most insightful explanation of who an entrepreneur is that I've ever read."

Soon Kiefer and Schlesinger (the president of Babson College) were teaching their take on Saravathy's concepts to groups of students and professionals. They preached a rejec-



tion of career micro-planning in favor of an active, inquisitive journey.

"This kind of thinking is not just used by entrepreneurs. We've had evidence of it in all of the arts. We've had military officers say it parallels the thinking they use in combat. Any time you're faced with uncertain situations, this thinking makes sense," says Kiefer. "Unless you have a very standard kind of job path — and there are less and less of those out there — you need to act your way into the future. Not plan your way."







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Letters

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America is being bullied into poverty

Despite Lincoln's dedication, FDR's optimism, JFK's inspiration and Obama's deft chess playing, America is in the tomb awaiting resurrection from only one demon that encompasses all our national challenges: bullying, the oppression of "We the People' by Organized Corporatism (the new organized crime), intentionally and systematically depressing wages, health care and voting rights — especially of women and all minorities. Americans need "Rise Up and Walk" to save America from the pink slime of the new Robber Barons.

MARCELLO ROLLANDO, VIA E-MAIL

Politics: Point ...

Ever wonder why the GOP is so dissatisfied with President Obama on so many issues? Take for example keeping the tax cuts that Bush put in for the rich. Most hard-working Americans are against this, particularly at a time of mounting deficits. The president agrees with the people on this, the GOP doesn't. How about the issues of keep ing Planned Parenthood and equality for women when it comes to health care? President Obama, along with most Americans, agree with this but not the GOP. The majority of Americans want to keep Medicare, Medicaid, Social Security benefits and other programs that help the poor and middle class. Not the good old GOP (see: Mr. Paul Ryan's budget). If a program can't help the rich, who needs it, right? Democrats want certain limits on what a

company can do to the envi-

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ronment. Most people are for this. Who wants to breathe foul air and drink impure water? The GOP isn't too worried about all that; they certainly don't want to bust their buddies in big business with too many restrictions. LARRY BLONG, VIA E-MAIL

... and counterpoint

Our beloved country is in big trouble! Barack Obama is quickly turning the United States of America into a Totalitarian Marxist Stalinist State! The health care reform requires all Americans to have RFID implants under their skin beginning March 2013! Internet surveillance is coming as well as race riots and martial law and even FE-MA concentration camps! For enemies of the New World Order, wake up, sheeple! Our country has experienced a communist revolution and is very much like Stalinist Russia and Nazi Germany! KEVIN MCCLOSKEY, VIA E-MAIL

Historical atrocity not exactly unique

RE: "NO ROOM FOR HATRED IN DE-BATE OVER ISRAEL": If white South Africans declare themselves the chosen race, take land belonging to blacks and refuse to give them the vote, it is called Apartheid. If Jews in Israel declare themselves the chosen race, take land belonging to Palestinians and refuse to give them the vote or statehood, well then such a description is called anti-Semitic. GARY LYON, NEW YORK

Who's supposed to respect whom?

President Obama tells the Supreme Court that they should respect the legislative judgment of the president and Congress. Yet it's their duty to respect the judgment of the Supreme Court! ALAN IACOBS, VIA E-MAIL

Horoscope

T Aries March 21-April 19. If self-imposed uncertainties cause you to question something that you previously believed to be sound, you could start to go backward instead of moving ahead on things.

¥ Taurus April 20-May 20. Before bringing someone into your confidence, make sure this person won't betray you and tell others certain tidbits that you don't want shared. ${
m I\hspace{-.1em}I}$ Gemini **May 21-June 20.** Your

chances for success look pretty good, provided you stick to your original blueprint. But if you begin to effect some last-minute changes, you're likely to fall flat.

Gancer June 21-July 22. Your generous supply of ingenious ideas and loads of enthusiasm will count for little if you lack the discipline to finish what you begin. Make sure that you're a finisher.

 $\pmb{\Omega}$ Leo **July 23-Aug. 22.** Usually you're an excellent judge of character, but this fine quality is apt to desert you — and you could back the very people you should most avoid.

my Virgo Aug. 23-Sept. 22. When it comes to a situation that calls for a firm stance and sticking to what you began, you could be convinced to take a different tack by someone who is way off course.

← Libra Sept. 23-Oct. 23. Continuously

check every detail of your work and/or the efforts of those under your charge. Be careful not to let someone who has a tendency to rush a job call the shots.

M Scorpio Oct. 24-Nov. 22. Trying to mix business with pleasure could make for a poor combination, so it is advisable to stick with one or the other. Focus on work-related matters or devote vourself to pleasure.

₹ Sagittarius Nov. 23-Dec. 21. You're the type of person who likes to experiment on your work from time to time to see if you can do it better. Stick to the tried and true for the time being, however.

່ານ Capricorn Dec. 22-Jan. 19. Although you're normally good at keeping secrets, that doesn't mean you can relax. Watch out — because with a minimum amount of coaxing, a nosy pal could have you spilling the beans.

Aguarius Jan. 20-Feb. 19. Be satisfied with nominal profits instead of holding out for what you believe could be a better deal. Unreasonable expectations invite major disappointment.

H Pisces Feb. 20-March 20. Just because certain ideas or concepts work for another does not necessarily quarantee they will work for you. Make allowances for different situations, talents and experiences. BERNICE BEDE OSOL

Across

- 1 Tow along 5 Serengeti browser 10 Red-waxed cheese
- 14 29th state 15 Audibly
- 16 "Lost Horizon" role
- 17 Shaman's quest
- 18 Creepy sensation (2
- wds.) 20 Tint again
- 22 Cherished 23 That is (2 wds.)
- 24 Softened
- 26 Bastille Day season
- 27 Steamed 30 Baton wielder
- 34 Hardly ever
- 35 Former JFK arrivals 36 Dazzle
- 37 Moccasin or pump
- 38 Story lines
- 40 Fix a tooth
- 41 Royal symbol 42 Poolroom supply 43 Apollo's priestess
- 45 Eggy dessert 47 Most urbane
- 48 Go ____ diet 50 Louisiana cuisine
- 53 However 54 Use Artgum
- 58 Uncertain 61 John, in Siberia 62 Colorado neighbor
- 63 Zing
- 64 Verne captain
- 65 New Year's word 66 Actress __ Neal 67 Shot up

Down

- 1 Designer label
- 2 Appian Way terminus 3 Struck silent
- 4 Jupiter's largest moon 5 Turn sharply
- 7 Greeted the villain 8 Jalopy woe 9 Fruity drink 10 Dodges 11 Noblewoman 12 Band equipment 13 Clipper ship feature " (Def Leppard) 21 International money 25 Egg-battered veggies 26 Dines at the diner (2

6 Fled to wed

- wds.) 27 Kind of prof. 28 First Indian P.M. 29 Dollops
- 30 Wyo. time zone 31 More than once 32 Tosses the dice 33 Immature raptor 35 Mayday relative
- 39 Was in front 40 Tending toward 42 Huge blossom
- 44 Loan figure 46 Fencer's shout
- 47 Ab tighteners (hyph.) 49 Cathedrals in Florence 50 PC "brains" 51 Bohemian 52 -Luc Picard 53 Sci. course 55 Maintain

56 No different

57 Enough for Tennyson 59 Future fish 60 H. Rider Haggard novel

6 2 7 3 9 8 6 4 7 6 1 4 7 9 8 5 8 7 2 4 3 6 2 1 9 8 5 6 5 9

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		7			2	6		

SUDOKU LEVEL: HARD

Solution to weekend's



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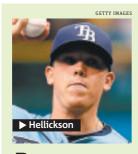
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Rays sweep Yanks after shutout win

The Yankees were shutout, 3-0, in their third straight loss to the Rays to open the season.

Phil Hughes got his first start and wasn't bad, but the Yankees' offense was anemic against 2011 Rookie of the Year Jeremy Hellickson. He went 8 2/3 innings and allowed just three hits, while striking out four. First baseman Carlos Pena's Tampa Bay comeback continues as he added his second homer in the series.

METRO



'Melo feeling Bullish

♠ Anthony hits game-winner after forcing OT with 3 at end of regulation
 ♠ Forward developing into leader ♠ Knicks maintain hold on playoff spot

Carmelo Anthony has made it a habit of telling all who'd listen that he was a leader. But not many bought his claims.

On Easter Sunday, he finally had the chance to truly show why he is a leader as he carried the Knicks to a thrilling 100-99 overtime win over the Bulls.

Anthony's game-high 43 points were the main reason the Knicks (29-27) maintained their No. 8 seed in the Eastern Conference playoffs standings. His worth was shown in the waning minutes of the fourth quarter as he led a 10-0 Knicks' run to tie it at 91-91. His Garden

legend certainly grew when he drilled a deep 3 with just 8.2 seconds remaining that would be the game-winner.

"I was screaming, 'Take the ball to the basket,'" coach Mike Woodson said with a chuckle. "I'm starting to really dig this guy." "This was a big win for us. We gutted it out." said Anthony, pointing out the hustle and heart of his teammates. "We rallied around each other. ... I take my hat off to our team."



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Mets sweep Braves at Citi

The Mets didn't get a no-hitter yesterday, but they did set a record anyway.

Ion Niese took his no-no into the seventh inning before it was broken up by Freddie Freeman with a single to right field. Still, the Mets held on for a 7-5 win behind more good work from their bullpen.

The sweep was the first ever by the Mets against a division opponent to open a season.

Yesterday's start was the first for Niese since he received

70ne key to Niese's effectiveness was his ability to get ahead. Niese threw first-pitch strikes to 17 of the 25 hitters he faced.

a long-term extension. After one start, the Mets couldn't look any smarter. The lefty regularly sat in the 92 to 94 mph range and struck out seven in six innings.

Third baseman David



Wright was 5-for-8 in the first two games of the series and kept it up in the final game. He was 1-for-1 with two walks and an RBI.

It was the top of the order that carried New York yesterday; however. Ruben Tejada went 4-for-5 with two runs and two RBI in his second game in the leadoff spot, while Daniel Murphy was 2-for-5.



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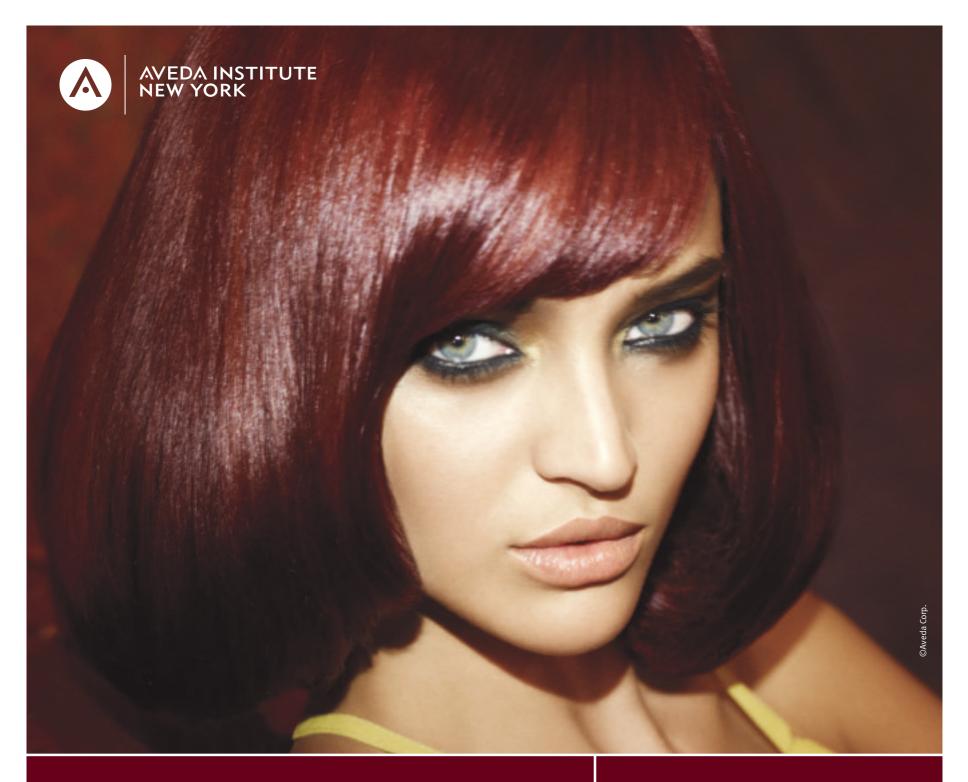
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